



Follow Through House

WOMEN'S RETREAT FOR ADDICTION RECOVERY

Bailing Clients to Follow Through House

Follow Through House Private offers affordable, women-only rehabilitation programs with 30, 60, or 90 day options.

Our proven approach helps create a strong foundation for lasting recovery.

We bring extensive expertise in navigating the legal system to support clients in need of professional rehabilitation services. Our programs are designed to address the root causes of addiction, foster accountability, and empower individuals to make positive, lasting life changes – all while reducing the risk of re-offending.

Relapse Prevention Strategies: Tools and techniques to sustain recovery and prevent setbacks.

Psycho-educational Groups: Structured sessions that enhance understanding of addiction and mental health.

Anger Management: Effective strategies to recognise, manage, and express anger constructively.

Coping Skills for Anxiety and Stress: Practical approaches to manage overwhelming emotions and build resilience.

Drug Screening Regular urine tests (four times weekly) to ensure program compliance.

Our tailored approach ensures that every client receives the support they need to thrive.

Lost your driver's licence?

Our manager helps individuals regain their driver's licence during rehabilitation, offering expert guidance for Drink Drive, Drug Drive, and intensive programs. She assists with VicRoads requirements, course selection, and interlock providers, ensuring clients are fully prepared. While clients cover course and interlock costs, her support ensures they meet all necessary steps.



I've led programs in both private and public sectors, helping individuals address addiction and reintegrate into society.

Key Skills

Individualised Care Plans Tailored solutions for each client. Collaboration Working with healthcare, legal, and community partners.

Legal Support Helping clients meet legal requirements and reduce re-offending.

Accountability Conducting regular drug screenings (UDS) to ensure compliance.

I'm committed to helping people overcome addiction and build better futures.

Joanna Macdougall, Founder and CEO of Follow Through House, played a pivotal role in ABC TV's September 2016 Four Corners episode, "Rehab Inc." In this investigative report by journalist Ben Knight, unethical practices within certain Australian private rehabilitation facilities were brought to light.

The Comprehensive Support Services we offer at Follow Through House

Court Documentation: Detailed reports tailored for court presentations, including the Victorian Government Client Assessment Tool if required.

Case Management: Collaborative efforts with legal representatives to ensure compliance and transparency.

Structured Programs: Programs designed to build self-reliance, decision-making and life skills.

Family Support: Assistance in rebuilding and strengthening family relationships.

Legal Compliance: Addressing addiction's root causes, fostering accountability, and reducing re-offending risks.

24/7 Supervision: Constant support, including staff sleepover arrangements, ensures a safe and structured environment.

Psychological and Psychiatric Care: Weekly psychology sessions for all clients and access to a consultant psychiatrist if needed.

Qualified Staff Programs

Our experienced staff specialise in delivering evidence-based therapies designed to support long-term recovery and personal growth. These include:

Cognitive Behavioural Therapy (CBT): Proven techniques to identify and transform unhelpful thought patterns and behaviors.

Our Founder and CEO, Joanna Macdougall has a wealth of experience in this field. For eight years she served as the Intake and Assessment Coordinator for Western Health Drug Health Services. During her tenure Joanna made significant contributions, including:

- **Preparing court-ready reports**

Delivered detailed insights on client progress and compliance, meeting legal standards.

- **Conducting assessments** Created comprehensive evaluations and aftercare plans, collaborating with the Melbourne Drug Court and related services.

- **Collaborating with legal teams** Worked with legal professionals to ensure transparency, trust, and client-focused outcomes.

At the heart of our approach is a commitment to holistic rehabilitation. By addressing the underlying factors driving addiction and working in tandem with legal frameworks, we aim to provide clients with the tools they need to rebuild their lives. Our team is passionate about fostering accountability and helping individuals take meaningful steps toward recovery and reintegration into their communities.